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A Selected List of References On

WEIGHT CONTROL

A milk and banana diet for the treatment of obesity. G. A. Harrop.
Published in Jour. Amer. Med. Assoc. 102: 2003. 1934.

Intended for physicians. The first two paragraphs of the article give very adequately the conditions to be met in a reducing diet. Discusses correct use of banana skim milk reducing diet.

Diet and personality; fitting food to type and environment. L. Jean Bogert. 223 pp. Published by the Macmillan Company, New York. 1934.

Chapters 13 and 14 discuss who should and who should not reduce. Outlines reducing and fattening diets by means of sample menus.

Feeding the family. M. S. Rose. Ed. 3, 459 pp. Published by the Macmillan Company, New York. 1929.

Chapters 3 and 4 include a discussion of overweight and underweight. A day's food plan with caloric content is given for fattening and reducing dietaries.

Food, nutrition and health. E. V. McCollum and J. Becker. Ed. 3, 146 pp. Published by the authors, Baltimore. 1933.

Chapters 19 and 20 contain general suggestions for reducing and for gaining weight, respectively. Includes menus.

Grow thin on good food. Luella E. Axtell. 336 pp. Published by Funk & Wagnalls Company, New York. 1930.

Practical advice on reducing. The book is well illustrated and written in popular nontechnical language. Contains menus and recipes.

Nutrition and diet therapy; a textbook of dietetics. F. T. Proudfit. Ed. 6, 834 pp. Published by the Macmillan Company, New York. 1934.

Chapter 24 gives diets for overweight and underweight.

Nutrition and physical fitness. L. Jean Bogert. Ed. 2, 566 pp. Published by the W. B. Saunders Company, Philadelphia. 1935.

A very good discussion of overweight and malnutrition is included in chapters 26 and 27, respectively. Diets and general rules are outlined for reducing and upbuilding regimens. Sample menus are given.

Nutrition in health and disease. L.F. Cooper, E.M. Barber, and H.S. Mitchell.
Ed. 5, 578 pp. Published by J. B. Lippincott Company, Philadelphia. 1933.

Part 3 contains a very adequate discussion of underweight and overweight.

Overweight and underweight. How to treat them. 32 pp. Published by the Metropolitan Life Insurance Company, New York.

Advise how to reduce safely and sanely by proper diet and exercise. Typical menus and illustrations of exercises for reducing are given.

Quality studies of therapeutic diets. III. The reduction diet. E. Hayward and D. S. Waller. Published in Jour. Amer. Dietetic Assoc. 8: 256. 1932.

Discusses inadequacies of most reducing diets. Good outline of reducing diet.

The foundations of nutrition. M. S. Rose. Rev. ed., 630 pp. Published by the Macmillan Company, New York. 1933.

Chapter 6 contains general suggestions for reducing diets and for undernutrition.

The management of obesity. R.M. Wilder. Published in the Jour. Amer. Dietetic Assoc. 6: 91. 1930.

Full of sound advice. Somewhat technical. Gives recommendations on rate of reducing. No diets included.

What shall I eat? E. M. Barber. 106 pp. Published by the Macmillan Company, New York. 1933.

Tells what different food groups contribute to the diet. Includes menus for reducing. Sample menu is good although it does not include enough vegetables.

Your weight and how to control it. Edited by Morris Fishbein. 260 pp. Published by G. H. Doran Company, New York. 1926.

Part I includes several articles by medical authorities on relation of weight to health. Part II includes discussion of principles of nutrition with diets and menus for reducing and gaining.